

Crew Off Duty

GMT	CREW	ACTIVITY
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:35–07:40	FE-1	Calldown of CBO water supply status
07:40–07:45	FE-1	Calldown of CП counter status
07:45–07:50	FE-1	ELEKTON-VM: monitoring air bubble in the gas-liquid mixture (ГЖС)
07:50–08:30	FE-1	Maintenance of COЖ
09:45–09:55	CDR	Payload status check
10:00–11:00	FE-2	Physical exercise (CEVIS)
11:00–12:30	FE-2	Physical exercise (RED)
11:00–12:30	FE-1	Physical exercise (TVIS-2)
11:30–12:30	CDR	Physical exercise (CEVIS)
12:30–13:30		LUNCH
15:00–15:25	FE-2	Audit of Laptop HDD content
15:25–15:40	CDR	Private family conference (<i>S-band</i>)
16:05–16:20	FE-2	Private psychological conference (<i>S-band</i>)
16:25–16:40	CDR	Private psychological conference (<i>S-band</i>)
16:45–18:15	CDR	Physical exercise (RED)
16:55–17:10	FE-2	Private family conference (<i>S-band</i>)
17:00–18:00	FE-1	Physical exercise (VELO + Load Trainer-1 / day 2)
18:00–18:15	FE-1	Private family conference (<i>S-band</i>)
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference (<i>S-band</i>)
19:00–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note: See OSTP for references to US procedures

End of radiogram